

A THRILLER FILM ON ANGER MANAGEMENT ISSUE

BA. HONS



JANNAT AWAN

F18BAMS043

SEHAR IJAZ

F18BAMS028

MS. AMNA WAHEEDA

DEPARTMENT OF MEDIA STUDIES

KINNAIRD COLLEGE FOR WOMEN,

LAHORE, PAKISTAN

A SHORT FILM: TAISSH



**A PROJECT REPORT SUBMITTED TO
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**BACHELOR OF ART
IN
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BY**

**JANNAT AWAN
SEHAR IJAZ**

**DEPARTMENT OF MEDIA STUDIES KINNAIRD
COLLEGE FOR WOMEN,**

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**PROJECT REPORT APPROVAL
KINNAIRD COLLEGE FOR WOMEN**

Date: 5th Dec, 2022

I hereby recommend that the project report prepared under my supervision by Jannat Awan F18BAMS043 & Sehar Ijaz F18BAMS028

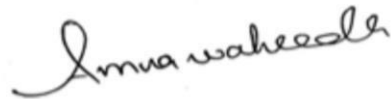
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IN

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In Charge of Dissertation



Head of Department

Recommendation concurred in

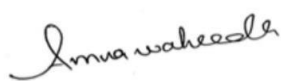
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**Committee for the Final
Examination**

RESEARCH COMPLETION CERTIFICATE

It is certified that Ms. Jannat Awan and Sehar Ijaz of BA Hons (session 2018 – 2022), Department of Media Studies has completed project entitled “T” under my supervision.

It is assured that research work is original and has not yet been published anywhere else.



Signatures of Supervisor

Dated 5th Dec 2022

Amna Waheeda

Lecturer



Signatures

Dated 5th Dec 2022

Dr. Kiran Karamat

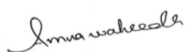
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All changes suggested by examiners during defense are incorporated in this final copy.

Jannat Awan

Ms. Amna Waheeda

Dr. Kiran Karamat



ANTI-PLAGIARISM DECLARATION

We certify that this is our own research work. The work has not, in whole or in part, been presented elsewhere for assessment. Where material has been used from other sources, it has been properly acknowledged. The similarity index of the research report is 6% if this statement is untrue and I am found guilty of plagiarism, the punitive actions against me should be taken as per Kinnaird Anti Plagiarism Policy.

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F18BAMS043

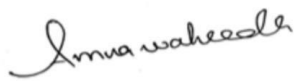
Signature:



Sehar Ijaz

F18BAMS028

Signature:



Signature of Supervisor:



Signature of HOD:

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ABSTRACT

Feelings of extreme anger that cannot be controlled can be seen among children as well as adults, these aggression issues can be a cause of anxiety, depression, an addiction or any other mental health issues. Anger issues are often neglected and thought as a part of normal behavior whereas it is not, if such type of outburst occurs and is not monitored or the individual is unable to control it then it can lead to dangerous situations, in some cases it can also lead to criminal convictions. So it is necessary to monitor your child's behavioral patterns if something unusual happens and parents should be concerned about it, So that they can engage the child with anger management activities and therapies to treat it from the root.

Preventative measures should be taken at the initial stage so that the problem can be controlled as early as possible. our society is experiencing a difficult time where women are not safe on the roads, rape, sexual assault, domestic violence, torture, kidnapping etc. have become mainstream subjects of this era, keeping that in mind it should be considered important to have a check and balance on your child so that he/she doesn't grows up as a harmful individual for the society. If people with such abnormal behavioral patterns are encouraged to get themselves treated then it can bring a huge change in the society, this way women will be able to feel safe and step out of the house at any hour confidently. It is necessary to protect your own self and the people around, Spreading awareness regarding such issues must be considered important.

Key words: Anger Management Issue, criminal convictions, rape, sexual assault, domestic violence, torture, awareness

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CHAPTER 1

INTRODUCTION

A short film is a film having lesser duration than an actual movie, the script of the film is kept to the point, simple and clear. The characters are less in number. It can be beneficial for keeping the audience stick to the screens as most of the people get bored of the films that are way too dragged. A short film is one of the best ways to convey the society a positive message as well as negative one, if a dark side of the society is necessary to be revealed. The audience gets entertained as well as educated. A short film may provide the audience access to the topics and issues that they do not know about, there are still people particularly the lay man audience that are not aware of the issues that can directly affect them. These films can bring collective awareness, which can be beneficial to cause a change, sometimes in the form of legislation and sometimes it can be in the form of personal behavior.

Anger is a natural human emotion just like happiness and sadness. Anger can give you a way out to express your negative feelings. It can also sometimes motivate you to find out solution to your problems but excessive anger can be dangerous and it can cause problems if not controlled. Many things can lead to anger that includes stress, financial problems, family problems etc. For some people aggression is caused by serious disorders such as depression, anxiety or alcoholism. Aggression itself is not considered as a disorder but excessive aggression is a known symptom of a lot of mental health conditions. Such type of uncontrollable anger issues must be monitored at initial stage so that it can be minimized by proper therapy and treatment if needed. Therapy for anger management provides a set of guidelines to recover. It provides an individual a properly controlled platform that helps them to release their emotions. It also aims to attain constructive responses. The individuals who are in therapy are motivated to examine what triggers their anger. People can learn how to use such signs as a map to have a control over their anger issues. In therapy, people can gain insight about how their body reacts to past and future events. They do this by identifying the emotional reaction to a specific circumstance. It is an essential Topic to bring into limelight for the sake of all the unsafe women not only in our country but globally. Our country, Spreading awareness is essential among men and women regarding how to identify such

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issues among individuals. In this way they will also be able to analyze any sort of dangerous situation, they will be able to take actions accordingly to overcome it effectively. Crimes against women can be retrained in a significant way when the audience is properly educated and well aware.

1.1 One liner

To spread Awareness regarding “Anger management issues”, how it leads to extreme cases and how it is identified.

1.2 Basic idea

The short film aims to highlight Anger management issues that can be developed at a very early age and parents tend to ignore it especially when it is about boys, such type of aggressive behavior is considered to be a part of normal behavior but it should be identified as soon as possible so that it doesn't lead to anything seriously dangerous. Despite being a mainstream issue these days, Terror still prevails in society, and because of it, there is a need for understanding the root cause of such incidents. Many women can be saved from any sort of incident if people are fully aware and are able to analyze a disturbing behavior. There are a lot of people who don't know how they can monitor such types of behavioral changes and how can they protect their loved ones from getting affected by them. Nowadays women are falling prey to abuse. Being educated and properly aware should be a priority keeping in mind the dark side.

1.3 Scope:

The medium that we have chosen for this short film is digital media as digital media has a huge impact on the society and it can be beneficial for raising awareness on the topics that are neglected. It can be used to bring forth an untold topic of the society whether it be positive or negative. We want the society to be well informed about the anger issues and how it is important to control them so that it doesn't lead to anything dangerous. Most of the victims in such cases are women and attackers are men, however it is suggested to educate both men and women. There's a need to highlight that how anger issues may develop in a person over time and if left

unattended they may lead to something very unexpected, if such issues are controlled at an initial stage then it can bring huge change in the society as the crime rate may decrease.

1.4 Need of the project:

In our society and culture, men being aggressive is considered very mainstream and normal. Whereas excessive anger indicates abnormal behavior. Especially in our country if men behave in an aggressive way or even shout, it is suggested to be tolerated as it is thought as a characteristics of a male personality, A male is always taught to dominate and how he rules and passes orders and behaves is totally up to him. In our society women have always been told to stay silent and become submissive. We need to change this perspective of the society, as everything around is evolving so should the mindset of people. There is a need of a drastic change but change never occurs all of a sudden, it always requires effort bit by bit. So with the help of this short film researchers have contributed to the society for the betterment of it. Anger is not a part of a male personality, It does not defines being strong. It is just another emotion like happiness and sadness but when this anger gets out of control that is when problems begin to occur. Such type of behavior should not be encouraged rather it should be analyzed and monitored. A step should be taken to learn to control these issues. It can be therapy or anger management activities. People in our society need to understand that neglecting behavioral issues can lead to bigger problems or even huge incidents later on. It is good to examine and sort a problem before things get out of control. Moreover most of the cases related to abuse took place due to mental health disorders. The percentage of women as victims in such cases in high in number and is increasing with every day passing. So for preventing incidents to happen in future it is important to spread awareness, especially the among men in our society. Considering the recent Noor Mukadam case, women are so terrified of being victimized that they don't feel confident to step out on their own. It is not possible that a women only steps out with a guardian, in this modern era, our women are taking a step forward in education and supporting themselves and becoming financially independent as well. It is very important to make them aware of the fact that they are strong with or without men, if this issue is highlighted through research and work then there may be less cases of abuse in the future and women will be safe under any sort of circumstances.

1.5 Clarity of the topic:

As mentioned in the basic idea, the researchers strongly believe that anger issues and these distressful incidents are interrelated. It is important to monitor anger issues in an individual by recognizing and solving the problem through encouraging a treatment. Focusing on the Noor Mukadam case, Zahir jaffar was another man who apparently looked normal but as soon as the incident happened many people came forward with their opinions and experiences with him. Many people defined his character by quoting incidents of less magnitude from the past in which he was involved in harassing girls, sending violent messages to girls etc. So if those small events that took place in the past were reported previously, there were chances that this murder wouldn't happen. People with anger management issues must be recognized and treated at an initial stage rather than considering it normal and a part of the normal behavior, this short film Inspired by 'Noor Mukadam case' shall surely bring a change in the society overall, for both men and women. Parents would also get an idea of what they lack at and what issues they need to focus while bringing up their children. The main cause was to spread awareness among the audience through entertainment.

CHAPTER 2

LITERATURE REVIEW

Munevver mertoglu (2018) emphasizes on the disease, 'Anger management issue'. It is stated that out of every 23 to 83 percent of all 2-4 years kids have temper traumas and 8.9 percent of the adult population have an impulse anger management issue. It is an uncontrolled behavior, it can lead to extremely serious problem that can be changed the human normal behavior into criminal mind. We think anger traumas is very common in males. Many things that can be trigger anger traumas that are including stress, family problems, and financial issue etc. But according to this article it's a negative phenomenological feeling state. The major purpose behind this article is to state the complication an individual faces for anger traumas. It majorly focus on health and fitness. Moreover, it educates about important exercise for an individual with anger management and recommendation on the implementation of this exercise.

Ching-Sheue and Jia-Yi (2017) focuses on the causes of anger in a preschool children. Before the children start speaking, a time when a children can't express their wishes and needs, it many also increase anger management issue. The behavior of communication pattern of parents, teacher, caretakers. Every single member may play a deceive role in the children behavior. Some physical problems are also the cause of the anger management. Some criminals who have behavior disorder, majority cases proved it caused of child anger management issue.

Sachin (2005) focuses on to indicate Anger Management training program proved to children and adult to control their anger traumas. Through this problem they give the healthy exercise for children. To react calmly behavior with the child. Some activities can take it can create patience and tolerance levels of children. Therefore, in the preschool period, people who are responsible for raising a child they should have knowledge and learn more about both how to control their anger and how to control children's anger behavior. This study will help parents, childcares, and teachers who have a responsibility to treat these kind child.

Anderson and bushman (2002) focuses on the Aggression behavior chances in increase age between 8 to 14 years and reaches its peak on next aggressive age. Aggressive behavior can

develop due to lack of awareness and social skills. Aggression in adults may cause damage and injury to other. The patient know understand how to manage anger in each individual. The overall findings suggested that positive but realistic knowledge is important to enhance the acceptance of anger issue in adults individuals and gave the knowledge about anger Truman's community.

Feindler & Engel (2011) the increasing cases of violence had been a great concern. Violence is another term of physical aggression. Anger is now one of the major problem in our society so many murder cases in our daily life is just because of aggressive issue. Violence refer their extreme form of aggression such as physical assault and murder cases. The impact of poverty on the family system of risk and aggression issue. In this article that provides a knowledge about the various factors responsible for aggression and violence. The main focus of the article is to intervene successfully in aggression and violent behavior and provided some specific information about the early risk factor of aggression trauma.

A six-month study by Iowa state university they found video games can be influence their players more aggression. This study is based on 2500 youth we're interviewed and they asked about their 3 favorite games and 73 percent they are more likely violence and aggressive games. There are like both violent and non-violent behavior. This case studying low state university found that video games can make more aggressive in human behavior through it the teaching techniques.

In 2006, Ahmed Iqbal who take a country wide survey on drug addiction in Pakistan. The rate of the drug addiction in Pakistan is 15 percent among the youth. In 1997 the total number of drug addicts in our country was 3.01 million. Which has risen 4 million. The estimate rate increase of drug addicts is 40,000 per year. The disturbing of this study that prove drugs are also the cause of aggressive behavior. Noe there are the growing number of people of drug addiction in Pakistan that cause crime and violence issue. There are estimate 2 million people in Pakistan whose are addicted of drug abuse.

Mustaq Ahmed and Muhammad Munir (2013) aggression and violence has become are serious issue in Pakistan. Pakistani society are male dominant society and aggrieve too. High number of threaten are in colleges. Aggression among the student included hitting, slapping,

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biting, kicking or rape. The victim parents, member and teachers not gave the lack of love and attention. Now they can understand the problem which can make a normal man into a murderer. Injustice is the common problem which lack of that can suffer in their academic life.

Ayesha Qaisrain, Sadaf Laiqat (2016) says that a Pakistani women have right to enjoy full respect in the society. Violence against the women is an international issue. It can also be affecting the lives of women globally. The patriarchal society in our country, Pakistani women are vulnerable to violence. Awareness among the women should must be created to empower women for their protection.

Heidi Wagner and Linsey Gorden (2013) emphasizes that self-protection for women in a work place is very important. Personal protective equipment is designed to protect women for cruel society man. Sexual and physical harassment faced the women in working areas. Women are facing domestic violence in the name of honor killing. Violence against the women should be stopped and their self-care is very important to protect from the society.

CHAPTER 3

SIGNIIFICANCE OF STUDY

As mentioned in the basic idea, the aim of this topic was to highlight the anger management issue. The aggression issue also caused anxiety, depression and it can be make a normal human a criminal. This study was significant because in everyday world we see a lot of stories both on TV and real life where life don't know about this problem and its cause. In Pakistan people think aggression in boys are normal but it's not normal these types of aggression may be destroy other human life. Women in Pakistan faced these type of aggression in their relationship. They are so many cases that are reported violence against women. Nowadays the condition of our society no one is save everyone life is in danger.

The aim of this short film was not only to highlight the aggression issue but also all the challenges that can be faced anger trauma patient. It also shows the world if we cannot control this problem in children and adults, it makes our society more harmful. Parents would also get an idea and they need to focus on this and support, show love for their children. People really need to understand such kind of behaviors. This short film highlighted one of many families that go through such difficult situations, it also includes a point of view that Pakistani women have a right to live their life freely. The story shall help to portray those children and adults who face this anger management issue, their parent must consult to doctors. So it can make our society better and saves a lot of lives.

CHAPTER 4

TECHNICAL METHODOLOGY

4.1 Approach

The approach of this project is a short film. The ultimate goal of this study is to focus mainly on removing the stigma that's attached to mental illnesses like Anger Management Issues.

4.2 Genre:

The genre for this short film is entertainment education as well as thriller, through entertainment-education this short film we intend to educate people about the significance of monitoring anger issues. The movie was a thriller touch, we'll let the audience experience a heightened feeling of suspense and excitement.

4.3 Duration:

The short film would be five to seven minutes long.

4.4 Objectives:

The main objectives of this project are to highlight the need for evaluating abnormal behavior among youngsters. These behaviors often can be harmful to the people around them and particularly those with whom they are attached. Sentiments of an individual may get hurt and due to his/her anger issues, a person may react in ways that he would regret later on. The reason behind increasing cases of rape, abuse, and torture is frustration, irritation and other mental health issues. As the rate of such cases is increasing, the need for awareness among parents, peer groups, colleagues, friends, and other relevant groups has become important thus we consider it essential to educate the teenagers and adults regarding how they should be able to monitor unusual behavior and how they should always be able to analyses so that they can be prepared in any uncertain situation.

4.5 Target Audience

The target audience was the general public, specifically the people who neglect anger issues and consider it normal among boys especially. We also aim to target teenagers and adults. As individuals who fall under these age groups are at higher risk of being unsafe if not educated.

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4.6 Location

The short film is shot in a flat and some scenes was take place in a house. Shooting of this Short Film would be done in Lahore, Punjab.

4.7 Equipment

The equipment would include a professional video making camera that would be Sony A6400 or Sony A6300. Lights, camera, microphone, audio recorder, lenses, reflector and tripods would also be needed.

4.8 Pre-production coordination

The pre-production for this short film will involve a detailed research on anger management issues. The initial steps before the shooting of a short film will involve writing a script, creating a story board, writing dialogues, finalizing the characters, choosing their wardrobe that depicts their personality, finding appropriate locations, arrangement of the required equipment etc.

Characters:

1. Main character/ Protagonist:

The main Character of the film is a boy who has grown as an aggressive individual and his behavioral patterns were left unattended by his parents when he was a child.

2. Supporting character:

The second important character is a girl who is in a relationship with the boy.

3. Side role:

Parents of the child will be shown in a shot from his childhood. We will shoot our film near Gulberg Area and arrange our setup, lights according to the film scenes requirement.

4.9 Production coordination

The next step will be shooting the short film. We shoot scenes in Flat. The production team would be careful enough for lights proper shots. Lights, camera and tripods would also be needed for the shooting at Flat.

4.10 Post-Production coordination

After these two phases are completely done, the film was edited mainly by Adobe premiere pro and other software's. Sound effects will be added along with clear dialogues and subtitles, exposure of the shots will be balanced and contrast correction will be performed. The positive message by the end of the film to provide the viewers a heart touching lesson. The highlights, headlines, tweets and reports of Noor Mukadam case was added by the end of the film for the purpose of reference of the case that inspired us to create such type of a story, then the final video was produced under the supervision of the supervisor.

CHAPTER 6
SCRIPT

The movie starts with a girl crying and a boy is forcing her.

Film title شہزادہ

Scene no 1:

Waqar is sitting with the doctor (psychologist). The doctor asked about his life.

Doctor : aisa kya howa tha uss Raat?

Waqar: hmmm uss raat wo cheekho pukar (He will start thinking).

Cut

Scene 2

INT.HOUSE.NIGHT

Characters: Waqar (Kid), Mother Father

The scene opens with the child is seeing the shadow. He is listening to his mother's cry. Waqar's Father is beating her wife. The child cannot sleep due to the screams coming from the outside. The child is scared & feels helpless.

Scene 3

INT.HOUSE.DAY

Characters: Waqar (Young)

The scene starts with the transition showing a morning scenery. Waqar gets out of bed and receives a message. He picks up his phone and reads the message. Waqar's friend message him and informs him that he is coming to his house.

Esa's message

Taissh

Bro I'm in Lahore kya hum mil sakhtai hain?

WAQAR: Sure Sure a jao mere ghr

And he turned on the Tv. He saw all the aggressive news on Tv. And he watches a lot of aggressive news on TV. He changes the channel again and again. News of Noor's case comes to light when he changes channels and the movement of his hand shows the aggressiveness. The servant knocks on the door of the room. He comes in and says that your friend has come and is waiting for you.

Waqar: Usko bithao mai a rha hoon.

Cut Scene 4:

INT.HOUSE.NIGHT

Waqar steps out of the main door of his house and sees his friends already sitting in the lawn. He comes and meet his friend.

Waqar: How r you? Kb aye Pakistan or studies complete ho gye?

Eesa: I'm good. Han yr studies tu complete ho gye hain job kai leyai apply kiya howa hai. Calls a rhai hain but I'm looking for the better opportunity.

Waqar: Bht acha ab sb kuch tu hogya shadi wagira kb kr rha koe mili?

Eesa : Mujhai chore tu apni or Lojain ki suna. Tum log kb shadi kr rhai hoo? Tum logo ka bs nhi tha clg mai hi kr letai.

Eesa : Yr koe or baat kr

Eesa: kya howa lojain ko tere sai koe behtr tu nhi mil gya. Ya usne Mana krdiya tujhai or tujhai tu bachpan sai Na sunanai ki adat nhi (he starts laughing)

Waqar in aggressive way

Taissh

Waqar: mene tmhain kaha haina uska name maat ho mere agye.

Eesa: Yr calm down mai mazak kr rha tha bs. Sb kuch thk tu hai na?

Waqar: Us lrki ka bs mere agye naam maat laina ainda kai bade.

Eesa: Easy ho ja gussa control kr mere sath kuch share krna hai mai tere pass hoon.

Waqar: Niklo mere ghr sai tum. (He spoke very loudly) Nikloooooooooooooo...

Waqar holds the glass in his hand and drops it on the floor in an aggressive way. He goes to his room. Eesa leaves the house. Waqar goes to his room and starts breaking things. Servant runs towards waqar's phone when he hears things breaking. Servant enters the room, Waqar starts dialing Lojain's number and he realises that she has already blocked him. He asks his servant to give him his phone.

Servant: Sahab kya ho gya hai apko ap apnai dost kai sath itni buri trhan paish aye. Bare sahab ko pta chala tu wo gussa hoon gye.

Waqar: ab tum unko mere shikayat lagao gye ho kon tum tmhare aukat kya hai. Waqar suddenly said

Waqar: chacha apna phone nikal

Servant: sahab ap theek tou hain

Waqar: Zyada sawal na karo mera demagh phat raha hai.

Phone ringing

Chacha ye larki phone uthai gi tou tunay is se kehna hai k tu iske aba ka dost hai aur ye boleen ky tunay unse baat krni hai, wo kahan hain aur ap kahan ho.

Servant: theek hai waqar baba

Lojain: aoa

Taishh

Servant: w salam, beta mai apke baba ka dost baat kr raha hun. Darasal wo phone nae utha rahe tou mene pata karna tha ke wo kahan per hain?

Lojain: oh acha, uncle mama baba tou out of city gaye hain shyd wo busy hongy kisi meeting me isliye phone nae utha rahe.

Servant: tou beta ap nahi gaeenn

Lojain: nae uncle mere exams thay tou isliye mai ghr pe hee reh gai.

Servant: chalo beta khayal rakho.

Cut Scene 5:

OUT.HOUSE.NIGHT

Waqar sits in his car and drives to lojain's house. While he is driving he gets flashbacks of his friend making fun of his and lojain's relationship. He is disturbed. He reaches at lojain's house and rings the bell. Lojain opens the door.

Lojain: tum? Tmhara dimagh set tou hai?

Lojain trying to close the door.

Lojain: tum hotai kon ho mere ghr mai mujhai band krnai walay mai abhi police ko call krti hoon.

Waqar grabs his phone and breaks it. Takes out knuckle buster and punched her on herface. Lojain begins to sob. Waqar holds her by her wrist and throws her on the floor, Takes out a knife and begins to torture her by putting knife on her neck. Waqar forces the door open Grabs Lojain's wrist and puts hand on her mouth and drags her into her house. Lojain tries to get rid of his grip.

Lojain's: Tum hotai kon ho mere ghr mai mujhai band krnai walay mai abhi police ko call krti hoon.

Taissh

Waqar: tum samjhti kya ho khude ko Tumne mujhai Naa ki thi aj mai tmhain Us Naa ka jawab denai aya hoon

Lojain: Mujhai maaf krdo. Mujhai janai do

She starts crying. Waqar grabs her by her hair.

Waqar: ye ronay dhonay ka natak mere samne nahi chalayga.

Lojain: tum ye nahi hooo, tum ese kese krsakte hoo, tum bilkul apne baap ki tarah bante jarahe ho. Tum mai aur unmai koi fark nahi.

Waqar leaves her and he starts getting flashbacks of his dad beating his mom. Waqar gets black outs.

Lojain: chalay jao tum yahan se chalay jao.

Waqar's head starts spinning and he steps out of the house and drives back home.

Waqar leaves her and he starts getting flashbacks of his dad beating his mom. Waqar gets black outs.

Lojain: sits there sobbing and crying.

Waqar's head starts spinning and he faints.

Waqar: chali jao chali jao yahan sai

Waqar goes mad in anger. He falls to the ground.

Cut

Scene no 6:

INT.HOSPITAL.CLINIC

Something falls into the psychologist's room. Psychologist picks up ball from the ground.

Taissh

Psychologist: 'take it easy, Do you want some water?

"Yes, thank you"

The psychiatrist pushes the glass of water towards waqar. As waqar takes the glass, waqars sweat filled/sweaty face would be shown on screen

(Here the camera will be shown from waqars point of view and the camera will first be angled towards the hand holding the glass then slowly the camera will start tilting upwards towards the doctor's face) [suspense music]

The doctor would be revealed to be none other than waqars friend essa.

The truth is that essa is the one who has always been listening to and helping out waqar in his times of need and support

(Waqar drinks water)

Waqar: Thankyou Essa for everything.

Waqar: maine zindagi ka tasawar jitna bura keeya tha zindagi itni buri nae hai. Mere ghar ka mahool mujhe andar se khokhla karta gaya aur mujhe andaza hee na hua kab mai insan se hewan bangaya.

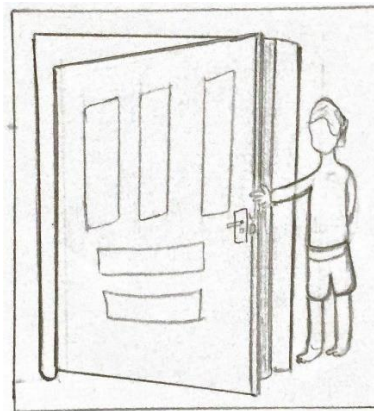
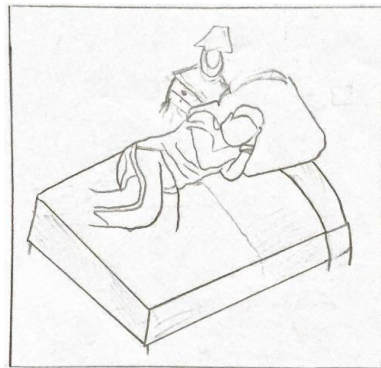
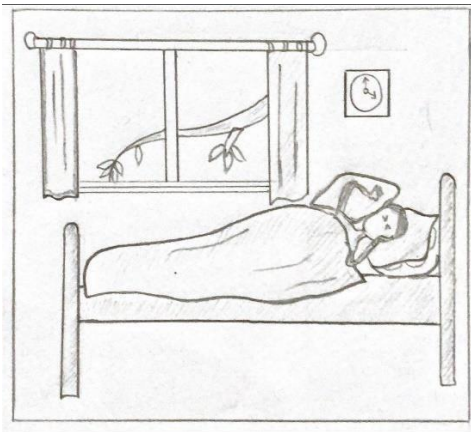
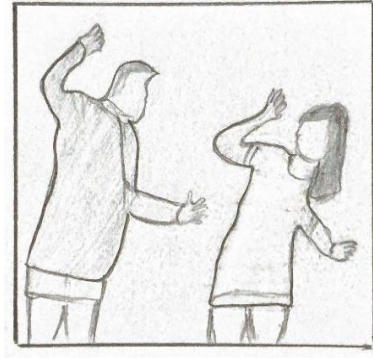
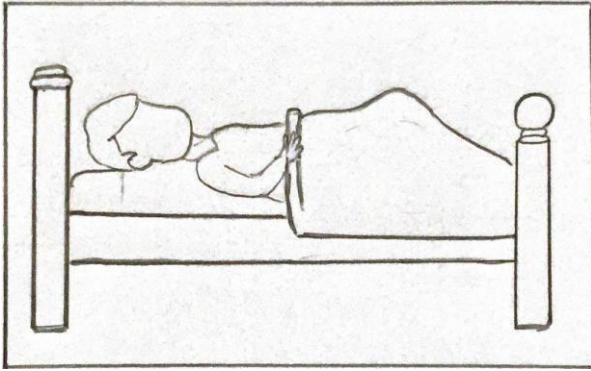
Per ab mai theek horaha hun kyun ke mai is zindagi ka maqsad jaan chuka hoon aur iski ehmiyat ko pehchan chuka hun.

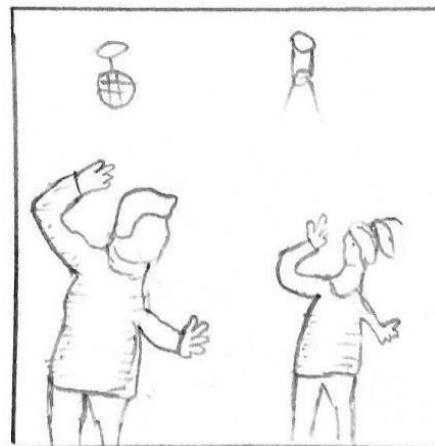
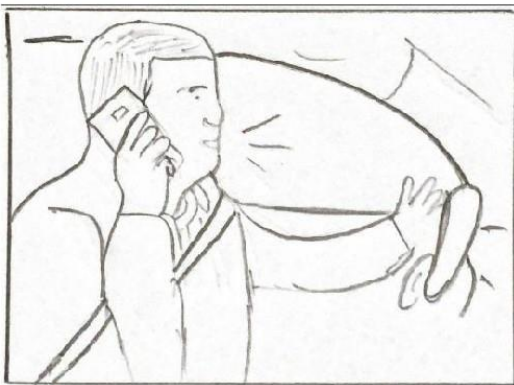
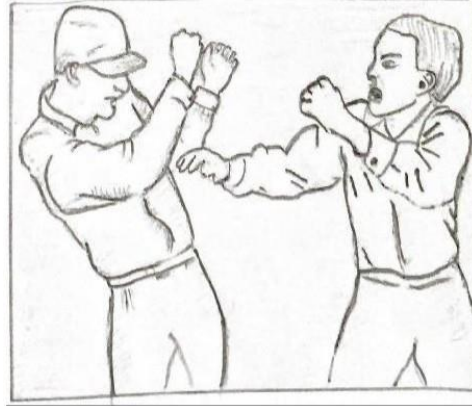
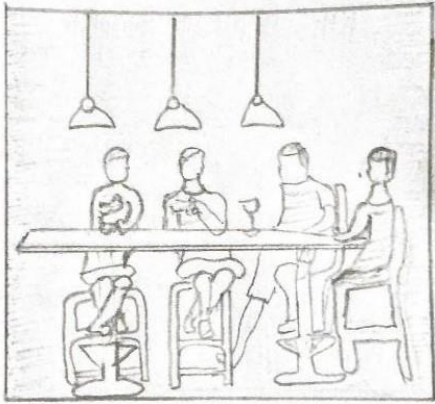
One linear

Anger doesn't solve anything. It builds nothing, but it can destroy everything.

News, poster banner of Noor Mukadam and other cases.

CHAPTER 6
STORY BOARD





CHAPTER 7

BUDGET

Head of Accounts	Quantity	Name/Description	In House	Out Source (Spent in Rupees)
Directors	2	Jannat Awan / Sehar Ijaz	Yes	-
Producers	2	Jannat Awan / Sehar Ijaz	Yes	-
<u>Pre-Production</u>				
Fuel for Research	-	Transport	Yes	-
Flat	-	2 days Shooting	-	5000
<u>Production</u>				
Camera Facilities and other Equipment	-	All Technical Facilities	-	10,000
Meal	2	2 days Shooting (Active)	Yes	4,000
Car + fuel	-	Car +Transport	Yes	2,000
Camera Person	1	2 days Shooting	Yes	-
<u>Post- Production</u>				
Editing	1	-	Yes	-
DVD Cover	3	3 DVD's with Cover	-	600
Flex+Poster	2	1 Poster + 1 Flex	-	1,200
Project Printing	3	3 Project Files	-	1,500
Miscellaneous				1,000
<u>Total Expenses</u>				28,520

CHAPTER 8

Conclusion

People having anger management issues should seek help from psychologists. Therapy can help these people in recovering. If such type of issues exist at an early age they can be catered before reaching to the extreme level. Anger can't be cured, so therapy can help to manage the intensity and effect it has upon an individual. Effective therapeutic sessions and strategies exist for anger management and it can help you in becoming less reactive. An individual can even learn to develop more patience in the face of people and situations that they cannot control. People try to undermine this and are not aware of the struggle of a patient suffering from it. As they feel ashamed discussing it and seeking medical help. We have made a small effort to spread awareness on aggressions, so people can learn, educate themselves about it and also to develop acceptance for the patients of psychological therapy with the psychologist. As it will motivate them to get medical help and therapies.

CHAPTER 9

Recommendation

1. More Short Film, documentaries, cartoon, movies and documentaries should be made to highlight issue.
2. People with extreme anger issues should be introduced to different anger management issues programs.
3. People with management issues should be tolerated with at their homes during treatment but not too much to keep a balance.

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